

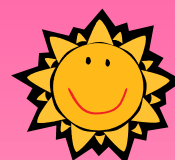


# Ohiaarihko:wa/July 2016

**Tsitewatakari:tat/The Let's Get Healthy Program**  
**Diabetes Center For Excellence**  
**66 Business Park Road**  
**518-358-9667**



## Sun Safety



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

**Shade:** You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

**Clothing:** When possible, long-sleeved shirts long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

**Hat:** For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

**Sunglasses:** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

**Sunscreen:** Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

**How sunscreen works:** Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

**SPF:** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

**Reapplication:** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

**Expiration date:** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

**Cosmetics:** Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves. Source: cdc.gov

Some medications can cause reactions to the sun. They are called sun sensitizing medications. The medications you are taking should have a warning label if it is a sun sensitizing drug. If you experience a side effect after exposure to the sun talk to your doctor.



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# Nursing Note

## DIABETES OVER TIME: INSULIN RESISTANCE!! FINAL-PART FOUR OF THIS SERIES.

This topic today cannot go forward without reviewing statements shared such as: “I don’t have diabetes-I am only borderline” “I was told my diabetes is mild”, “I no longer have diabetes”. When Diabetes Educators hear these statements, our brain neurons start to fire up!! Furthermore, human beings analyze these words in ways that we can cope with the information as bad or good for us. So, to close this series of articles, I would like to leave you with this final discussion:

**SITUATION:** If a car mechanic says your car is making a “small” noise in the bumper - Which option below best describes how **you would typically respond?**

**OPTION A:** “Well it’s not the engine, so I’ll bring the car back next month”

**OPTION B:** “Well hoist it up now and see what you can find!!”

**OPTION C:** “HMMMM...maybe I’ll wait until the noise gets louder!!

*No matter what you choose, here are some possible results of your decision>>>*

**OPTION A:** Maybe your bumper falls off on the way home?

**OPTION B:** Maybe your bumper gets fixed but you are out some valuable time and expense?

**OPTION C:** Maybe your bumper must be fully replaced and you are “really” out some time and money?

### So, what has this all got to do with Insulin Resistance? Pre-Diabetes? Mild Diabetes?

**ANSWER:** Insulin Resistance describes a condition where our body is still producing our own insulin as a response to the food we eat. But, for some reason, as the secreted insulin tries to help carry the sugar to our cells as fuel or storage as fat, our cells are showing a difficult time in recognizing our own insulin. The end result: **SUGAR LEVELS STAY HIGH IN THE BLOOD.**

In so many ways, our bodies send us many signals all the time. The unfortunate part in the case of insulin resistance is that we tend not to feel pain or discomfort as this condition continues and worsens. The good news is that we have so many resources and information to keep us ahead of the game. The state of insulin resistance becomes the most likely condition associated in Native Americans with diabetes.

### BOTTOM LINE MESSAGES:

- \* For sure, listen to your body and if you sense changes, please see your health team.
- \* Stay engaged with your health and learn more about changes in your blood sugar tests.
- \* A pre-diabetic condition significantly raises your risk for diabetes, but there are so many lifestyle options you can choose to slow down this path.
- \* Listen to your “engine” that contains many moving parts: heart, nerves, eyes, muscles, etc.

PREVENTION as EARLY CARE AND ATTENTION can save you time, money and heartache!!

**THANK YOU SO MUCH FOR ALLOWING ME TO SHARE MANY THOUGHTS THROUGH THIS FOUR-PART SERIES. IF IN ANYWAY I HAVE HELPED-I AM GRATEFUL... WISHING EVERYONE GOOD HEALTH!!**

**JANINE ROURKE, RN, BSN-DIABETES NURSE EDUCATOR-  
SRMT DIABETES CENTER FOR EXCELLENCE.**

Our Registered Dietitian, Heather Pontius is back full-time. If you have not had an appointment with the RD in the last year please make an appointment. Diabetes Standards of Care indicate that everyone with diabetes should see a Registered Dietitian at least once per year or more often as necessary to prevent complications and maintain a healthy lifestyle.





# Fitness Page



## 4 Types of Exercise

**ENDURANCE OR AEROBIC:** Endurance or aerobic activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Examples include:

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing



**STRENGTH:** Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training." Examples are below:

- Lifting weights
- Using a resistance band
- Using your own body weight



**BALANCE:** Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance. For example:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi



**FLEXIBILITY:** Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Examples include:

- Shoulder and upper arm stretch
- Calf stretch
- Yoga



## **Fit Family Fun** Join us for a family friendly workout!

**Tuesdays & Thursdays**  
**July 5th - August 30th**  
**4:30-5:15 pm: Ages 8-11**  
**5:30-6:15 pm: Ages 12-17**

**Parent & Child exercise together!**  
**Each class includes fun, team building exercises and circuit training that will help improve balance, strength and overall health**

**Let us help create fun and healthy habits for you and your child!**

Parent/guardian must accompany child at all times, no drop offs.  
No need to pre-register.

For more info, call the Let's Get Healthy Program: 518.358.9667

PHOTOWITHUS FOR MEMBERS

# Herb Garden

## Balsamic Tomato Bruschetta

### Ingredients:

2 Tablespoons olive oil  
5 cloves garlic, minced  
2 pints red grape (or cherry) tomatoes, halved lengthwise  
1 Tablespoon balsamic vinegar  
6 whole basil leaves (chiffonade)  
Ground black pepper, to taste  
1 whole Baguette

### Directions:

Preheat oven to 450 degrees.

In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about minute, removing before the garlic gets too brown. Pour into a mixing bowl and allow to cool slightly.

Add tomatoes, balsamic, basil, and pepper to the bowl. Toss to combine, then taste and add more basil if needed, and more pepper if needed. Cover and refrigerate for an hour if you have the time. Cut the baguette into diagonal slices to allow for the most surface area possible. Arrange baguette slices in a single layer on a baking sheet. Place in the oven until toasted and golden brown about 5 minutes. Flip over and toast the other side. Remove the baguette from the oven and begin cooling. To serve, give the tomato mixture a final stir, then spoon generously over the slices of bread.

### What is chiffonade? It is shredded or finely cut leaf vegetables or herbs.

To thinly slice basil leaves, stack the leaves on top of each other and roll up like a cigar. Then make thin slices from one end of the basil cigar to the other.

If grape or cherry tomatoes are not available you can use plum or roma tomatoes as they have less seeds than regular garden tomatoes. Also try a mixture of red and yellow grape tomatoes for a fun and colorful appetizer



## Growing Your Own Herb Garden

This can be a fun and enjoyable hobby that is also good for your health. Fresh herbs are flavorful and nutritious. Fresh herbs are packed with antioxidants and essential nutrients including vitamins and minerals.

You do not need a lot of space to grow an herb garden, herbs can be grown in containers on a deck or stairway that receives sunlight.

### Best Herbs for your Health

- Rosemary: it is fragrant and flavorful but also helps with memory.
- Thyme: grows well indoors and has antiseptic properties.
- Lavender: it is a beautiful plant that has a soothing fragrance. Also helps fight belly bloating.
- Basil: easily grown indoors or outdoors and is packed with antioxidants.
- Parsley: doesn't need much sunlight to grow. It is packed with vitamins A, C and K.
- Cilantro: Grows best outdoors, helps rid the body of heavy metals and the seeds can be used too. They are known as coriander.

### Harvest

Gather herbs when the dew is gone and the plants have dried.

Harvest no more than one-third of the plant at a time.

### Tabbouleh

A classic Middle Eastern salad, it combines whole wheat bulgur with fresh vegetables and a zesty dressing.

### How to make Tabbouleh

Quick and easy.

### Does all Quinoa need to be pre rinsed?

No. Some quinoa is pre rinsed. If it is not, it is best to rinse it for 10-15 minutes in water. You can also buy a fine mesh strainer.

### COOL HERB GARDEN

Using fresh herbs in your garden.

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# en Recipes

## Using Garden Herbs

...s early in the day, after  
...one but before the sun  
...l their essential oils.

...o more than 1/3 of the  
...nt at one time.

## Tabbouleh- What is that?

...ddle eastern salad that  
...ole grains, healthy fats,  
...and herbs to make a  
...a, healthy salad.

## How I pronounce it?

...ouleh-tuh-boo-lee  
...inoa-Keen wa

## How do I know if it has to be rinsed?

...ne quinoa will say  
... If it does not say pre  
...est to soak quinoa for  
...utes and rinse in fresh  
... may find it helpful to  
...e mesh sieve for this  
...process.

## **COOKING DEMO!** **GARDEN RECIPES!**

*Fresh herbs from our  
HP Gardens!*

July 27, 2016

12pm-1pm

Center for Excellence  
Theatre Kitchen

VP required  
seats available)

reserve your spot!

8-358-9667

## **Quinoa Tabbouleh**

### **Ingredients:**

1 cup of quinoa, uncooked and rinsed  
2 cups of water  
2 Tablespoons of lemon juice  
1 clove garlic, minced  
1/2 cup olive oil  
Ground black pepper, to taste  
1 English cucumber, cut into bite size pieces  
1 cup cherry or grape tomatoes, halved lengthwise  
2/3 cup flat leaf parsley, cleaned and chopped  
1/2 cup fresh mint, cleaned and chopped  
2 scallions, sliced thin

### **Directions:**

Cook quinoa according to package directions or bring water and quinoa to a boil, reduce heat, cover and simmer for 10-12 minutes. Remove from heat when quinoa is tender and all water has been absorbed. Fluff with a fork and set aside. While quinoa is cooling make the dressing in a small bowl by whisking together the lemon juice, garlic, olive oil and black pepper. Once the quinoa has cooled add 1/4 cup of the lemon juice dressing to the quinoa, mix well. Add the cucumber, tomatoes, herbs and scallions to the quinoa, mix well and add the rest of the dressing as desired. Serve chilled or room temperature.



### **TRY THIS**

To help the quinoa cool faster spread the cooked quinoa on a baking sheet and then when it is cool transfer it to a mixing bowl.

If you do not have scallions you could use chives or 1/4 cup chopped red onion.

Try adding reduced fat feta cheese to the salad.

Make it a vegetarian meal by adding chick peas.

Go the more traditional route and use bulgur wheat (cracked wheat) in place of quinoa.

### **SAVE TIME**

To save time, the quinoa and the dressing can be prepared ahead of time up to 2 days before serving. When you are ready to serve, add the vegetables and herbs and remaining dressing.

***This recipe will be featured at the July Cooking Demo!***

## **Information on Fresh Herbs**

If a recipe calls for dried herbs and you want to use some of your fresh herbs you will need three times more fresh herbs than the recipe calls for.

If a recipe calls for 1 teaspoon dried thyme you would need 1 Tablespoon fresh thyme.

Herbs should be rinsed in cool water and patted dry for immediate use. If you plan on storing fresh herbs for later use wrap them in a paper towel and store them in an airtight container or bag in the refrigerator. They can also be cut like fresh flowers and stored in a glass of fresh water in the refrigerator, change the water every day.

If you do not plan to use the herbs right away they can be rinsed, patted dry and stored in ice cube trays with a bit of fresh water or olive oil, covered and stored in the freezer. When you are ready to use them pop them out of the tray and add to your recipe.

# Nursing Note

## What does pre-diabetes mean?

Having **prediabetes** means your blood glucose (sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes.

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes.

- You are overweight.
- You are 45 years of age or older.
- Your parent or sibling has type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You ever gave birth to a baby that weighed more than 9 pounds.
- You ever had diabetes while pregnant (gestational diabetes).



Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

Don't let the "pre" in prediabetes fool you into thinking it's not really a problem now. You can take action right away to help prevent prediabetes from becoming type 2 diabetes. You can also reduce the risk of heart attack and stroke associated with prediabetes.

Many people with prediabetes who do not change their lifestyle—by losing weight (if needed) and being more physically active—will develop type 2 diabetes within 5 years. Type 2 diabetes can lead to serious health issues such as:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

In addition, some of the risk factors for prediabetes and type 2 diabetes—like being overweight and not being physically active—can make you feel sluggish and affect your mood. Positive lifestyle changes not only lower your risk of prediabetes and type 2 diabetes, they can improve your overall well-being and the well-being of your family.



## Garden Project 2016

This year's Garden Project was a true success. With the help from a grant through the Akwesasne Cultural Restoration Program, the Let's Get Healthy

Program was able to provide 25 new raised bed gardens, replenish 14 existing garden beds, and provide plant packages consisting of 3 tomato, 3 pepper, and 2 zucchini plants, to our active Move for Health participants.

We also donated garden forms, soil and plants to Generations Park, Family

Support and Early Childhood Development programs and provided the Akwesasne Office for the Aging with tomato and pepper plants for their existing garden beds. This year at the Diabetes Center for Excellence, we have created a Three Sisters garden from corn, bean and squash seeds, an herb garden, and tomato and pepper garden, to assist in this summer's cooking demonstrations and teaching the cultural importance of the

Three Sisters.

In order to become eligible for next season's Garden Project, a participant must have a Nursing Assessment and be enrolled in our Move for Health supervised fitness program.



For more information, please call the Let's Get Healthy Program office at 518.358.9667

# 9th Annual Twilight Fun Run/Walk Series

**\*FREE\***

**\*Family Health\***

**\*Prizes\***



**\*Stay Fit\***

## Sponsored By: The Let's Get Healthy Program

All ages & abilities welcome\*

Where: Tewathahita Walking Trail— Generations Park

When: Wednesdays—Summer 2016

July 6—July 13—July 20—July 27

August 3—August 10—August 17—

August 24—August 31

\*\* Event time: 5:30p.m. to 7:00p.m. \*\*

Bring your family and walk or run at your own pace!

For more information, call the Let's Get Healthy Program:  
518-358-9667



# **\*News\***

## **9th Annual Twilight Fun Run/Walk Series**

**\*All ages & abilities welcome**

**Where: Tewatahita Walking Trail  
Generations Park**

**When: Wednesdays-Summer 2016  
July 6—July 13—July 20—July 27  
August 3—August 10—August 17—  
August 24—August 31**

**\*\*Event starts at 5:30 p.m.\*\*  
Bring your family and walk or run at  
your own pace!**

**\*Giveaways throughout the month\***

**For More Information: Call the  
Let's Get Healthy Program  
358-9667**

## **Fit Family Fun**

**Join us for a family  
friendly workout!**

**Tuesdays & Thursdays  
July 5th - August 30th  
4:30-5:15 pm: Ages 8-11  
5:30-6:15 pm: Ages 12-17**

**Parent & Child exercise  
together!**

**Each class includes fun, team  
building exercises and circuit  
training that will help improve  
balance, strength and overall  
health**

**Let us help create fun and  
healthy habits for you and your  
child!**

**Parent/guardian must accompany  
child at all times, no drop offs. No  
need to pre-register.**

**For more info, call the  
Let's Get Healthy Program office at  
518.358.9667**

## **Exercise Classes:**

### **Move For Health**

**Nurse supervised exercise  
classes  
Must be enrolled in LGHP.  
Monday-Thursday  
8-9am 9-10am 10-11am  
11-12pm**

## **Community Classes**

### **Body Works**

**Monday & Wednesday  
4:15-5:00pm**

### **After Hours Fitness**

**Monday & Wednesday  
5:15-6pm**

### **Public Fitness**

**Tuesday & Thursday  
12-1pm**

### **Club Circuit**

**Friday  
9:00-9:45am**

**All exercises classes  
offered by the  
Let's Get Healthy Program  
are free to  
ages 18 year and older**

**Please wear comfortable  
clothes and bring clean/dry  
sneakers and bring a water  
bottle.**



**Helping Build A Better  
Tomorrow**

**Wellness Day  
Thursday July 21, 2016  
at  
Generations Park  
10 am-3 pm**

**Community Health  
Programs,  
Prizes  
and Information!**

## **OFFICE CLOSED!**



**Our office will be  
closed:  
Monday**

**July 4th, 2016**

**Independence Day  
Please remember to pick up  
supplies, before the long  
weekend**